



Early Childhood Center

5 Tips to Keep Your Sanity This Holiday Season

1. **Be selective** – The family calendar can start to overflow as the holidays draw near. Be selective about your family's commitments and how many of the holiday activities you must attend. Identify as a family which events are an essential part of your family traditions. Schedule these activities first and then see how your calendar looks before you commit to any more. Keep in mind that your family interests might change through the years. One year a holiday show might be really important to your child and the next year that same child might place more importance on baking treats.

Remember to schedule some down time also. Some of your favorite memories might occur during those "quiet" evenings.

2. **Schedule Quiet Time for Yourself** – With all the excitement of the holidays, make sure you schedule some peaceful time for you. It's much easier to manage and enjoy activities if you are feeling relaxed. When you take care of yourself, you'll be in a better position to be there for others. Even 10 minutes of mediation can go a long way to making a hectic schedule much more manageable.
3. **Keep to your routine** – Consistency is so important for young children. Try to keep to your typical schedule as much as possible. There will be activities in a given day that are different but try to keep the rest of the day as close to your regular routine as you can. When there is a change, talk it through with your child in advance so that there are no surprises.
4. **Plan Age-Appropriate Activities** – There are many online resources with ideas about celebrating the holidays with age-appropriate activities. To quiet your schedule, you can also replace outings with similar activities at home. While the local communities offer incredible opportunities, sometimes doing a developmentally appropriate craft at home can also create amazing memories and start new traditions.

You can also find activities to keep the younger audience busy during more adult centered events. Make a seasonal activity bag for your child to take along to events or for long lines at the cashier - include surprises that will be new and entertaining, but easy to enjoy while on-the-go.

5. **Be Flexible** – While we might have our own expectations for the holidays, things do not always go according to plan. When things go array, try to go with the flow. Unexpected twists might lead to unexpected but pleasant surprises.

Seeing the holidays through your child's eyes is amazing. Take a deep breath and enjoy this time!